

YMCA CARDIO DANCE FUSION & BODY FIT WORKOUTS

LOCAL AFFORDABLE CLASSES IN
DUMONT

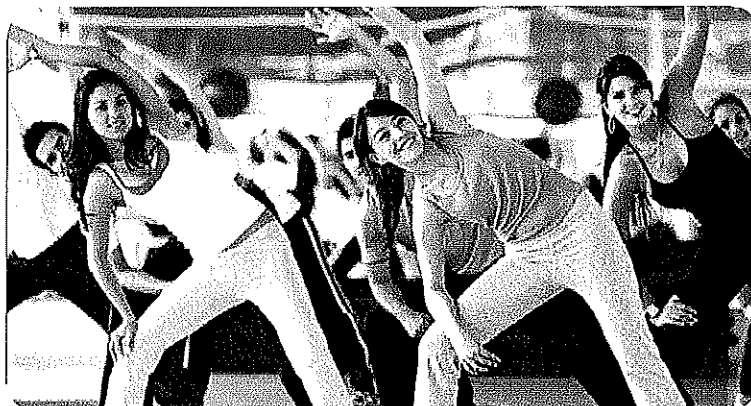
LED BY CERTIFIED INSTRUCTOR
SUSAN VAN VALEN

CARDIO DANCE FUSION

Energetic mix of body toning exercises and cardio dance styles to a variety of Latin, rock & roll, country and pop music.

BODY FIT

Total body toning for abs, thighs, buttocks and upper body improving bone density, flexibility, balance and coordination.



8 1/2 week session
Sept 9 - Nov 5, 2015

Cardio Dance Fusion

Mon & Wed: 7:30-8:30pm
Fee: \$89

Body Fit

Mon & Wed: 9:15-10:15am
or
Tues & Thurs: 7:00-8:00pm
Fee: \$89

WHERE

Old North Reformed Church
120 Washington Avenue
Dumont

Registration Info

Carol Livingstone
clivingstone@ridgewoodymca.org
T: 201.444.5600 x330

Dancing Makes You SMARTER

The 21-year study of senior citizens, 75 and older, was led by the Albert Einstein College of Medicine in New York City, funded by the National Institute on Aging, and published in the New England Journal of Medicine.

✕ = Reduced Risk of Dementia
0% in Bicycling, swimming or playing golf

35% in Reading

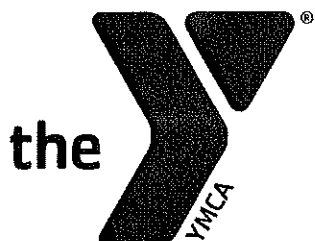
47% in Doing crossword puzzles at least four days a week

76% in Dancing Frequently

Dancing:

- Reduces stress and depression
- Increases energy and serotonin
- Improves flexibility, strength, balance, endurance
- Strengthens bones and boosts cardiovascular health
- Increases mental capacity by exercising our cognitive processes
- Dynamic and rapid-fire decision making, creates new neural paths.

David Avocado Wolfe



WWW.RIDGEWOODYMCA.ORG

RIDGEWOOD YMCA 112 OAK STREET RIDGEWOOD NJ 07450
T: 201.444.5600 Fax: 201.493.0606

DUMONT REGISTRATION FORM: 8 ^{1/2} Week Session (September 9- November 5, 2015)

Name _____ Home Phone # _____
Address _____ Work Phone # _____
_____ Date of Birth _____

Please circle class choice:

Please bring weights and mat to class

Cardio Dance Mix

Body Fit

480 Monday & Wednesday 7:30-8:30pm \$89

#481 Monday & Wednesday 9:15-10:15am \$89

Total enclosed: \$ _____

#482 Tuesday & Thursday 7:00-8:00pm \$89

Method of payment _____ Check payable to Ridgewood YMCA or _____ Visa _____ MC _____ Amex

Credit Card # _____ Exp. Date _____ CVC _____

Mail registration form to: Carol Livingstone, Ridgewood YMCA, 112 Oak Street, Ridgewood, NJ 07450

All fees are non-refundable. For individuals and families in need, contact Megan Heller, ext. 375
for confidential assistance information and application.